

ARTS & ENTERTAINMENT**Exclusive Q & A**

Dave Attell discusses the possibility of *Insomniac* coming to Providence ■ **Page 7**

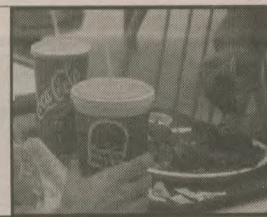
**STATE NEWS**

Rhode Islanders gather at the Wall of Hope to remember Sept. 11th ■ **Page 6**

CULINARY

15 Ways to avoid the Freshmen 15

■ **Page 12**



THE STUDENT-RUN NEWSPAPER OF JOHNSON & WALES UNIVERSITY

THE CAMPUS HERALD



Volume XXIV Issue 2

PROVIDENCE, RHODE ISLAND 02903

September 17, 2003

WEEKEND FORECAST:

FRIDAY
Sep. 19th



Rain & Windy
75°/59°

Precip. 20%

SATURDAY
Sep. 20th



Few Showers
73°/56°

Precip. 30%

SUNDAY
Sep. 21st



Partly Cloudy
75°/59°

Precip. 20%

OPEN FOR BUSINESS



Clubs & organizations assist freshmen move-in to South Hall.



A resident assistant lends a helping hand to speed up the move-in process for a returning student at McNulty Hall.



Frank Santos, R-Rated hypnotist has J & W students under his command.

By JOHN ORTENZIO
Editor-in-Chief

Johnson & Wales University welcomed 2,750 freshmen students and more than 6,000 returning students the weekend of Friday September 5th to launch the 2003-2004 school year.

Students representing over 90 countries, and all 50 states gathered at numerous events during the frantic, yet exciting weekend to prepare for college life.

"For the most part everything went well," says Carole Bernardo, director of Residential Life. Bernardo continues, "For freshmen everyone experienced a

smooth move-in. Our biggest concern however, was accommodating returning students who had not obtained housing in February."

The housing process will change next year as students will be able to enter a lottery system.

Many clubs & organizations active on-campus took part in the weekend by assisting residents and parents in getting settled.

"Overall, it was the easiest move-in I've seen in the last three years. We took measures to make it easier. We divided the students into different categories for check-in. Greek Life and the new RA's assisted us in the process," said Norris Waters, Resident Director of South Hall.

"The biggest challenge was not only helping the freshmen and returning students move-in, but also getting myself situated in my dorm," says Shaquay Reacock, a Resident Assistant at South Hall.

Representatives from residential life claim a number of business students were forced to live on the culinary campus because of limited space downtown.

The Office of Student Activities provided everyone with fun-filled events over the course of the weekend. Frank Santos, a well-known hypnotist had a packed Harborside Recreation Center under his control. Santos hypnotized

students into believing they were Britney Spears, N-Sync, Judy Garlin, and Chip n' Dales strippers.

Stand-up comedian Dave Attell, host of "Insomniac" on Comedy Central entertained over 2,000 students on Saturday night. Attell touched on many topics, including Johnson & Wales shuttles resembling prison buses, drinking and driving, and his little friend he likes to call "baby shoes."

After two nights of laughs and entertainment the class of 2007 gathered at the Providence Performing Arts center for convocation. President John Bowen, Dean of Students Terry Addison and many other administrators were there to address the students.

After the convocation hundreds gathered on Gaebe commons for a barbecue and Student Activities night, where students had the opportunity to learn more about the clubs & organizations Johnson & Wales has to offer and win a Mazda Miata.

Although there was not a winner of the Miata students still danced the night to a close at Glow Zone, a rave-like dance on Gaebe commons.

"School has been fun, the weather was nice. It's been a good first week," says Andrew Gallowitz a Sophomore majoring in Sports Entertainment and Event Management.

THE CAMPUS HERALD

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The Campus Herald is the only student produced newspaper on-campus. The Mission of The Campus Herald is to serve as the vital source of information for Johnson & Wales University, its students, faculty, administration, and immediate community.

The Campus Herald has a number of positions available. We are currently seeking to fill the following positions:

Assistant Editor-in-Chief
Campus & National News Editor
Arts & Entertainment Editor
Sports Editor
Photography Editor
Art/Graphics Editor
Staff Photographers
Staff Writers
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The Campus Herald invites Letters to the Editor, and guest commentary from students, faculty, or staff, and also from non-University community members.

Letters to the Editor must include the writer's name, signature and phone number. We ask that faculty and staff list the department in which they work. Letters should be no longer than 250 words in length. The Campus Herald reserves the right to edit all articles for space and accuracy. Please submit articles by mail, fax, or in person to The Campus Herald no later than 4:00 p.m. on the deadline date. **Mail** letters to Johnson & Wales University; Attn: The Campus Herald; 8 Abbott Park Place Providence, Rhode Island 02903. **Fax** to 401-598-1171. **Email** to campusherald@jwu.edu. **Hand deliver** to The Campus Herald office in the Citizens Bank Center for Student Involvement (3rd floor) on Weybosset Street.

Staff editorials, letters to the editor, and guest commentary represent the opinions and viewpoints of the individual writer and are not the beliefs of The Campus Herald staff. The Campus Herald does not knowingly accept advertisements and/or articles that promote discriminatory acts on the basis of sex, race, creed, gender, religion, color, handicapped status, veteran, or sexual orientation, nor does it publish material that violates university, local, state or federal laws.

Newstips and Story Ideas

The Campus Herald welcomes all content suggestions. If you feel we are not covering a specific event/topic please feel free to contact us via the information listed above. News tips and story ideas can be emailed, faxed, mailed, or hand delivered. Please provide as much information as possible.

**Coming
Wednesday
October 1st**

In A & E

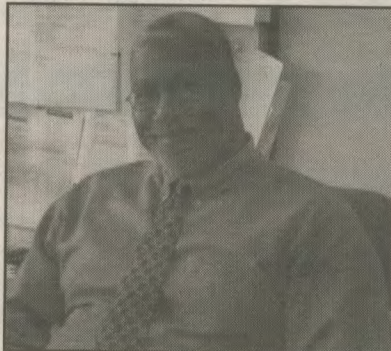
**Student Guide to
Providence Nightlife**

In Campus News

**RIAA attempts
to thwart file
sharing**

From the DESK of...

PHOTO BY MAT GILBERT



TERRY
ADDISON

Dean of
Students

JOHNSON & WALES
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~Welcome~

To all Johnson & Wales students I say Welcome! Welcome back to our returning students, and welcome to the family, to new students. You are privileged to be among the students who have the opportunity to pursue post secondary education. While there are actually more students seeking higher education, nationally, access is actually being limited, by several factors.

So consider yourselves fortunate. Now that you are here,

please make the best of your stay. Johnson & Wales is a world class institution and you will no doubt receive a world class education. It depends on what you put into it. Give it your best and that will come back to you.

Focus on your academics. Be all about the books but leave some room for social development and growth. Fun and friends will stand you in good stead.

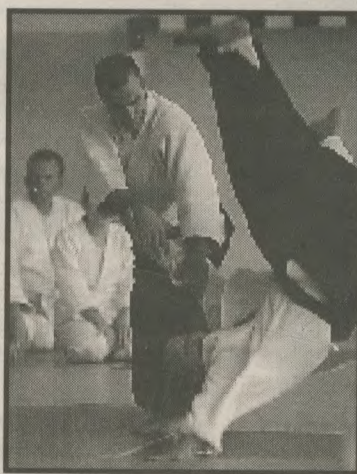
As Dean of Students I want to remind you that this is a "dry" campus. No drugs and/or alcohol are allowed on campus. Alcohol and drugs are a violation of the Student

Conduct Code and will result in dire consequences.

Use your time wisely and constructively. Join a club or organization. Write for the Herald or volunteer to do community service (when don't get credit for it), work on the yearbook, join the President's Leadership Council (PLC) or the Student Government Association (SGA). These are literally hundreds of co-curricular activities that are possible. Pick one or two and both the campus, and you, will be richer for it.

I'm your Dean, come see me, 3rd floor, CBCSI. Have a safe, healthy and productive year!

Students, Staff, Faculty: Join the new J&W Self-Defense Club!



Dues: \$10/term

Benefits: Full-time J&W students receive a \$300 scholarship to Aikido-Downtown, plus 30% off tuition and 50% off a new uniform. Staff and faculty receive a 30% discount off tuition and 50% off a uniform.

Learn and practice the art of Aikido, a martial art that is part self-defense technique, philosophy of spiritual enlightenment and path to physical fitness and peace of mind.

Contact the Women's Center for more information.

Corrie Martin, Director

598-2248

women@jwu.edu

Co-sponsored by the J&W Women's Center and Aikido-Downtown
(153 Weybosset)

Campus Calender

September 17-27th

Campus Calender is a great way to keep up with what is going on at J & W. If you would like to see your event listed here, e-mail us at campusherald@jwu.edu.

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|--|--|--|--|---|--|----------|
| 14 | 15 | 16 | 17 <ul style="list-style-type: none">• RI Blood Center, Pepsi Forum 8am• Panhellenic Meeting, CBCSI B 3pm• SkillUSA, UHall 7pm | 18 <ul style="list-style-type: none">• Business/Tech Fair, HRC, 5am-10pm• Movie, Bruce Almighty, HRC 9pm | 19 <ul style="list-style-type: none">• Business/Tech Fair, HRC 5am-10pm | 20 |
| 21 <ul style="list-style-type: none">• Mass, Xavier, 12 pm• Newman Club, MCC, 1pm• Matinee, Bruce Almighty, HRC, 3pm• NAACP, CBCSI B, 5pm-7pm | 22 <ul style="list-style-type: none">• IFC Meeting, CBCSI B 5pm-6:30 pm• DECA Meeting, MCC, 5pm-8pm• DSA, CBCSI B, 6:30pm-7:30pm | 23 <ul style="list-style-type: none">• Students in Action, PF, 8AM-11AM• NAACP, CBCSI A, 4-6pm• Tuesday Nite Truth, HRC, 8-10 pm | 24 <ul style="list-style-type: none">• Panhellenic Meeting, CBCSI B 3-5pm• TEL, HRC, 9pm | 25 <ul style="list-style-type: none">• Movie, 2 Fast 2 Furious, HRC 9pm | 26 <ul style="list-style-type: none">• DANCE!, PF, 9pm-2am (college ID required) | 27 |

We're Listening...
Email us at campusherald@jwu.edu

SMOKING STUDY MEN AND WOMEN WANTED

The Department of Veterans Affairs is seeking cigarette smokers to participate in a study looking at a medication to reduce reinforcing effects of nicotine. This study, which is not designed to help you quit smoking, involves 4 laboratory sessions and will take 2-3 weeks to complete. Before 3 of the 4 sessions, you will have to abstain from smoking for 10 to 12 hours.

You can earn up to \$530 in merchandise certificates to area stores for completing the study. To be eligible for the study you must:

- Be 18 years or older
- Be a regular smoker

Call Gil at (401) 457-3382

AROUND CAMPUS

- UNIVERSITY SOURCES

R.I. soldier with love of cooking dies in Iraq

Associated Press

An Army officer with ties to Rhode Island and who had a love of cooking was killed in Iraq 2 weeks ago.

Sgt. Gregory Belanger, 24, of Narragansett, R.I., was with the 325th Military Intelligence Battalion attached to the 94th Regional Readiness Command when the convoy was attacked in Baghdad.

According to the Army, initial reports show that Belanger was killed in Al Hallia, Iraq, when an explosive struck his vehicle.

Belanger is the first soldier from Rhode Island to die in Iraq since the start of U.S.-led military operations there, according to the Pentagon.

His father, Ed Belanger, told The Recorder of Greenfield that his son enlisted in the Army Reserves and was called up to active duty shortly after the terrorist attacks on Sept. 11, 2001.

Belanger graduated from Johnson & Wales University in 2001 with an associate degree in culinary arts before entering the Army as a cook. He was pursuing a bachelor's degree in food service management, the Providence, R.I. school said in a statement expressing its condolences to Belanger's family.

"He was a whiz," his mother, Cathy Belanger, told The Recorder. "He was creative and could take whatever was in the refrigerator and pull out this gourmet dish from his soul and his head."

280 U.S. soldiers have died in the war in Iraq, and 142 of those have died since May 1, when President Bush declared that major combat operations had ended.

University creates strict policy on file sharing

File sharing communities or "peer to peer" networks such as Aimster, KaZaA, and Gnutell have become increasingly popular among J & W students. In recent months, however, the Recording Industry Association of America (RIAA) and the Motion Picture Association of America (MPAA) have begun to aggressively hunt down and prosecute individuals who upload copyrighted material. They have prosecuted students at other universities who violated the copyrights of various artists by using peer-to-peer file sharing networks. Those students were forced to pay legal costs and fines. Please be aware that when you connect to the University's Internet System, you are agreeing to abide by Computer Use policies.

Updated academic computer services

You can now use USB flash drives on all ACS lab computers. These drives, ranging in size from 32MB to 2GB, are convenient in size and automatically recognized by the computer. They act as a large, re-writable, portable storage device. If you have any questions, see a senior lab assistant (green shirts), the computer center manager, or call Charlie Miller, ACS director at 598-1530

Community service requirement reminder

Students needing to complete community service learning (CSL) as part of their graduation requirement should sign up during registration days.

*culinary students 9/17 or 9/18, 8:30 am - 4:30 pm in the Paramount Building at the Harborside Campus

Arts & Sciences department sponsors lectures this month

Jyothi Nagraj will discuss "Students in Action" Tuesday, September 23, 9:10 am at the Pepsi Forum. This is part of the Social Action Series sponsored by the John Hazen White School of Arts & Sciences.

Distinguished Visiting Professor Joseph Norman will address students on Monday, September 29, 11:30 am at the Pepsi Forum. The John Hazen White School of Arts & Sciences sponsors this DVP program.

Clubs & Organizations Training Day

The first Clubs & Organizations Training day will be held on Friday, September 19 at Student Activities on the 2nd floor of the Harborside Recreation Center. The program will begin at 10 a.m. and go until 12 noon. All clubs & organizations must attend in order to receive funds from Student Government.

2003 PAWS Essay Contest

Enter the 2003 PAWS Essay Contest to win a \$1,000 scholarship for this academic year! Write an essay about: *How I contribute to the diversity at J&W.*

First Place: \$1,000 Scholarship applicable 03-04 academic year

Second Place: \$500 Scholarship applicable 03-04

Third Place: \$250 Bookstore Gift Certificate

The winning essay will be announced at the Panel Discussion, Unique Aspects of

Learning at J&W, Oct 11 at 2 P.M.

RULES:

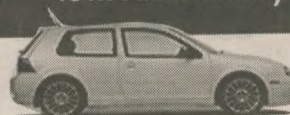

1. Essay must be 300 words or less.
2. Composition must be type written, double-spaced, with a font size of 12.
3. Entries can be submitted to Professor Donna Thomsen, Rm. 514, John Hazen White Center no later than 5 p.m. on October 3.
4. Entries will be judged on creativity, composition and grammatical accuracy.
5. All undergraduate Johnson & Wales students currently enrolled are invited to participate.

Email NancyHardendorf@jwu.edu with questions.

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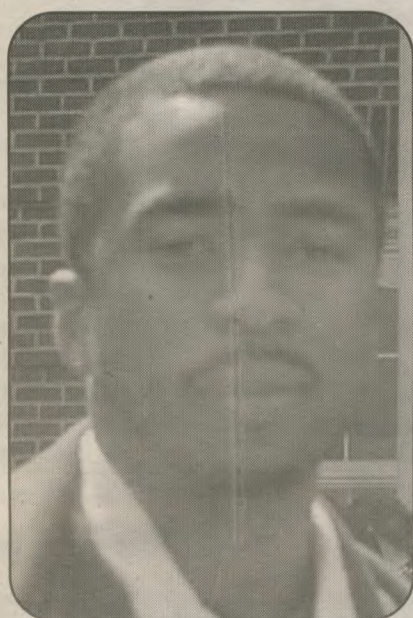
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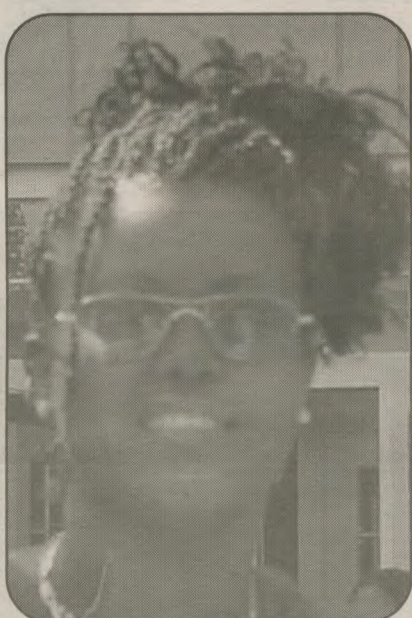
STUDENTS SPEAK OUT!

HOW WAS YOUR START OF THE 03-04 ACADEMIC YEAR



"My schedule is crazy but I changed it more to my liking. The girls are definitely looking right."

Shawn Bryan-Fr.
Computer Business Applications



"The bus situation is crazy."

Nikkia Coleman-Fr.
Business Administration



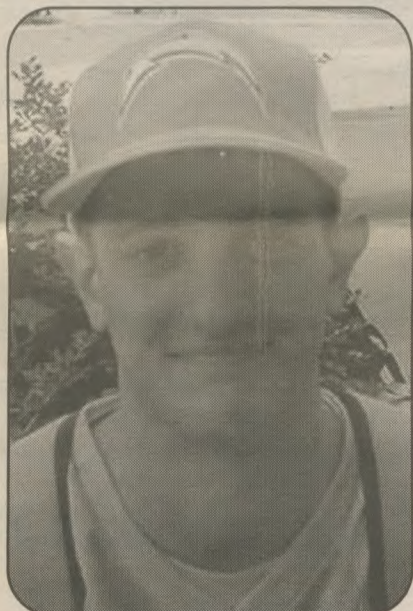
"It was a different experience, but I learned a lot in a week."

Nikkia Coleman-Fr.
Business Administration



"I like the people; they're very friendly."

Shannon Passanante-Fr.
Business Management



"Very interesting with a lot of things to do."

Dean Needle-Fr.
Financial Services Mgt.



"Totally different from high school."

Katie Hansen-Fr.
Hotel Management



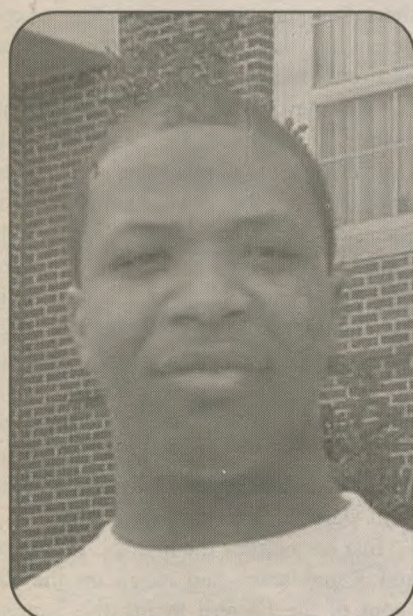
"Taking 5.5 classes and working part-time, I'm trying not to get stressed."

Hilda Estrada-Sr.
Paralegal Studies



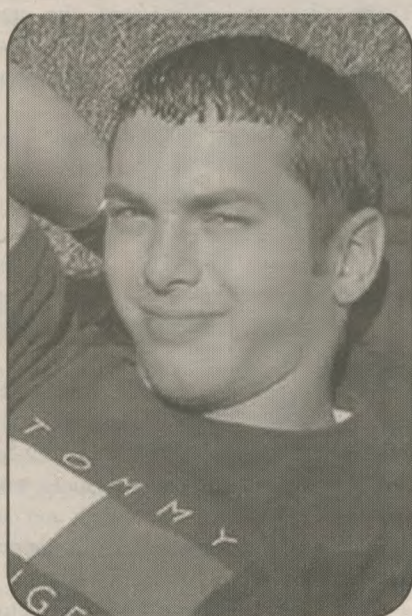
"It has been a rough week because I have 8:00 a.m. class."

Teresa Wilkins-Jr.
Accounting



"It was good, I had to get back into the groove of going to school."

Tyrone Bennett-Sr.
Sports/Entertainment/Event Management



"School has been fun, the weather was nice. It's been a good first week."

Andrew Gallowitz-So.
Sports/Entertainment/Event Management



"Pretty good. Confusing at first, but then I began to know the city much better."

Bjorn Minde-Fr.
Graphic Design



"It has gone a lot smoother. The school has gotten more organized, but there are too many people."

Helen MacGaffy-Jr.
Sports/Entertainment/Event Management

9.11.03

Rhode Islanders honor those lost in terrorist attacks

By MICHAEL MELLO
Associated Press Writer

Bill and Ellen Goodchild wanted to do something meaningful to remember their daughter, Lynn, two years after she died in the terrorist attack on the World Trade Center.

So they gathered with five of Goodchild's college friends at the Wall of Hope, a Rhode Island memorial of about 11,000 hand-painted tiles depicting doves, hearts and other messages of peace.

"Each one of these tiles represents a person," said Ellen Goodchild. "This is unity — telling the world we're standing together."

Lynn Goodchild, of Attleboro, Mass., and her boyfriend, Shawn Nassaney, of Pawtucket, were traveling to Hawaii two years ago when their plane, United Airlines Flight 175, was hijacked by al-Qaeda terrorists and crashed into the World Trade Center. Both were 25 years old.

As she looked at the wall, Ellen Goodchild was struck by a particular tile that depicted a beach scene and contained the words, "Hope Still Lives."

One of Lynn Goodchild's former college friends, Rosemarie Laurenzano, 27, made the trip from West Palm Beach, Fla., to spend the day with Goodchild's parents.

"It's just another way to help us remember," she said. "It's one way to bring everyone together."

After leaving the Wall of Hope, the group planned to go to Goodchild's former workplace, Putnam Investments in Norwood, Mass., to have lunch with Goodchild's former co-workers and plant flowers at a tree there has been dedicated in her name.



Wall of Hope

PHOTO BY MAT GILBERT

The Wall of Hope, a creation of 10,000 tiles by the citizens of the State of Rhode Island now sits along Memorial Boulevard near Waterplace Park in Providence. The tiles represent months of painting sessions, hope, butterflies, smiley faces; and other optimistic sentiments.

Many ceremonies were planned throughout the state as Rhode Islanders joined the nation in remembering those who died on Sept. 11, 2001, when three planes slammed into the World Trade Center and the Pentagon. A fourth plane was crashed in Shanksville, Penn.

At a noon ceremony at the Statehouse, Gov. Don Carcieri paid tribute to those who died in the attacks, as well as the men and women serving in the war on terrorism.

"No amount of time can erase this sad day from our nation's consciousness," Carcieri said. "No amount of time can erase the heartache and suffering of those who lost sons and daughters, husbands and wives, mothers

and fathers, aunts and uncles, colleagues and friends."

and fathers, aunts and uncles, colleagues and friends."

"That day will be forever seared in our memories," he said.

Carcieri said his wife, Sue, and the mother of Shawn Nassaney would place a wreath at the state's Sept. 11 memorial.

Another ceremony at the Naval War College in Newport was planned to honor the three students and seven alumni who died at the Pentagon.

Thursday morning, churchgoers at St. Francis Chapel & City Ministry Center gathered for a somber prayer service. They sang "America the Beautiful," and tolled bells to honor the firefighters who lost their lives.

Providence firefighter Andrew Went, 30, attended that ceremony with two of his colleagues to "pay respect to all our fellow Americans and

all the brother firefighters in New York City who gave their lives two years ago today."

Providence Mayor David Cicilline told churchgoers "There's no force, however evil, that can defeat our great nation."

The chapel was to remain open all day for private reflection. Mary Johnson, director of the office of worship at St. Francis, said this would probably be the last year the chapel would hold a remembrance service.

"We realize that this was the year to look forward, to acknowledge the day, and to face the future in hope," Johnson said.

AP Newsfinder.com

Bush remembers Sept. 11 as 'a sad and terrible day'

By TERENCE HUNT
AP White House Correspondent

On a cloudless morning much like two years earlier, President Bush recalled the "sad and terrible day" when an unsuspecting America suffered the worst terrorist attack in the nation's history.

From a wreath-laying ceremony at Arlington National Cemetery to a White House moment of silence, the nation's capital paused Thursday to remember the more than 3,000 people killed when terrorist-hijacked planes slammed into the World Trade Center, the Pentagon and a rural Pennsylvania field.

On Capitol Hill, the House passed legislation to set up a memorial here honoring the victims of terrorist attacks at home and abroad. The House also voted to posthumously award the Congressional Gold Medal to emergency responders killed in the attacks.

The president and his wife, Laura, on a visit to nearby Walter Reed Army Medical Center, met privately with about 30 soldiers being treated for wounds suffered in Iraq. Bush pinned the Purple Heart on 11 of them and signed autographs for the soldiers and their families. He said he was grateful for the chance to "hug their par-

ents and thank them."

"Laura and I are here to thank brave souls who got wounded in the war on terror, people who were willing to sacrifice in order to make sure that attacks such as September the 11th don't happen again," Bush said.

Flags flew at half-staff on government buildings throughout the capital and across the nation in accordance with a presidential proclamation declaring Sept. 11 as Patriot Day.

After an early-morning service at St. John's Church near the White House, Bush and his wife walked hand and hand across the South Lawn to join more than 1,000 White House employees — cooks and carpenters, groundskeepers and maids, senior officials and junior staffers and members of the military.

They bowed their heads in silence at 8:46 a.m. EDT, the moment the horror began to unfurl as the first plane plowed into the trade center tower. The only sound was the noise of a jetliner climbing from Reagan National Airport.

Vice President Dick Cheney and his wife Lynne stood next to the Bushes. After a minute of silence, the foursome turned and walked back into the White House.

The low-key observance was in contrast

with last year's anniversary when the president visited all three crash sites and engaged in tearful embraces with relatives of the victims. Aides said the new approach was in keeping with the president's view that the day now should focus on the families.

"Today our nation remembers — we remember a sad and terrible day, September the 11th, 2001," Bush said outside St. John's. "We remember lives lost. We remember the heroic deeds. We remember the compassion and the decency of our fellow citizens on that terrible day."

The church was nearly filled. FBI Director Robert Mueller read from the New Testament about the battle between good and evil. "In all circumstances, take up the shield of faith, with which you can extinguish all the flaming darts of the evil one," he said, quoting from Ephesians.

Rev. Luis Leon, the church's rector, reminded the congregation "to pray for our enemies and to love our enemies." He said this "may be the hardest of all of Jesus' injunctions."

At Arlington National Cemetery, Secretary of Defense Donald H. Rumsfeld remembered the 184 people killed along with five hijackers nearby at the Pentagon.

"In our mind's eye we can see the arsenal of democracy that it represents," Rumsfeld said. "The men and women who died there that day were part of that arsenal, defending democracy as surely as any patriot on the front line."

Attorney General John Ashcroft, at a Justice Department ceremony, said the United States was making "quiet, steady progress in the war against terror." Solicitor General Ted Olson, whose wife, Barbara, died on the plane that crashed into the Pentagon, said an unrelenting fight against terrorism was the best way to honor the memory of those who perished.

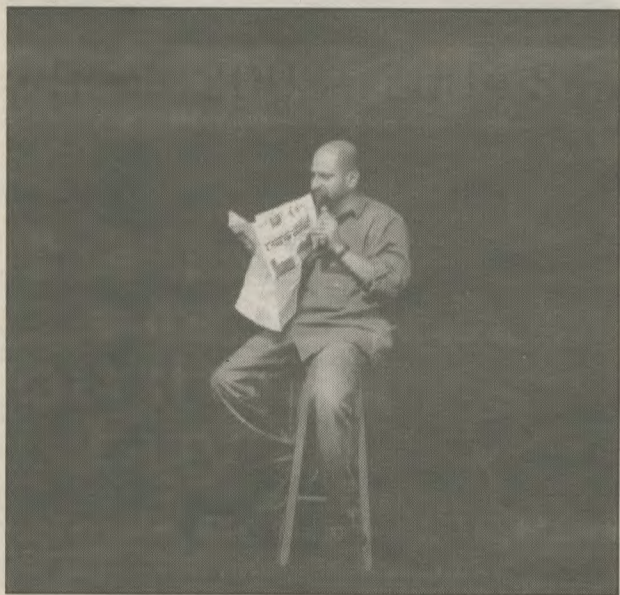
Members of Congress gathered outside the Capitol to sing "God Bless America."

"It has been two years, and our hearts still ache," said Senate Democratic Leader Tom Daschle of South Dakota.

Just hours after the attacks, Democrats and Republicans had stood on the East Front of the Capitol facing the Supreme Court and vowed not to let terrorism keep them from their jobs. On Thursday, they met on the other side of the Capitol facing the National Mall to pledge anew to fight against terrorism.

AP Newsfinder.com

Dave Attell amuses a sold out Harborside Recreation Center



LOYAL HERALD READER

PHOTOS BY KATE McALLISTER

Dave Attell reads his article in the first issue of The Campus Herald released September 5th.



Carie Karavis, who opened for Dave Attell discusses shopping, guys and sex with the girls.

BY JOHN ORTENZIO
Editor-in-Chief

Dave Attell brought his original stand up act to Johnson & Wales last week. The Campus Herald had the opportunity to sit with Attell and chat about his hit show "Insomniac," upcoming projects, and the possibility of "Insomniac" making it to Providence...

TCH: Tell me about your pitch session with Comedy Central?

Attell: Well, let me tell you this. Johnson & Wales has a better spread than they do. They gave me some peanuts and said hit me with an idea. I actually went in there to pitch a game show, they didn't like it. So they said what other ideas do you have. And this was something I've been thinking about for a long time which was an ugly version for Wild On E. You know, hitting the town, doing stand-up, bar-hopping, seeing people work late and just keep going until the sun comes up. They liked it but they really didn't understand the job aspect of it. Everybody has seen "Wild on E" and it's all partying. You never see them go to a steel mill, or a sewage treatment plant. I figured

it would be good for the regular people to have their own party show. It really caught on. I'm really surprised.

TCH: You've been to a lot of chaotic bars, have you ever run into any bar fights or other wild experiences like that?

Attell: Ya, well when I do the show it's not just me and the camera man. There's the producer and all that stuff. We only go where we are invited, but once the alcohol starts flowing people get upset and we don't get in anybody's face. But 99% of the time people love to have us. They're more than cooperative. They're really cool to the crew, and not just me. Me, they'll throw stuff at me and spit at me, but the crew I always feel like their going to hit one of them. That was the problem with the show that it became too popular, and there was so many people to get on camera. We were figuring a fight would break out, people shoving and pushing.

TCH: So you've seen a lot. You've traveled all around the Nation, and you've been abroad. You've seen a lot of interesting things that the average person doesn't get a chance to see. What's that

like, and do you feel there is something you haven't seen?

Attell: The most shocking things for me, and Carie too, you see a lot of drunks, you work a lot of bars and you see people at their best and their worst. The things that really shocked me were the real late night job stuff like the cow insemination thing in Idaho. In Ohio we saw baby pigs being born. That stuff, you really have to be in with these people to see them do it because it's going on all night long. You just don't know it.

TCH: Do you have a favorite late night moment?

Attell: Well, actually the best late night moment, and I hope this doesn't sound too corny, is when the sun is just about to come up and we're like the only people up in the town, street sweepers are going around, some guys opening a store, you know stuff like that. The cops are circling us and everything.

TCH: What future projects do you have coming up?

Attell: I'm about to go on a big theater tour with Lewis Black. That starts September 10th. I'm not sure if we're coming back to Providence. We will be

in Boston and I know Boston gets way too much play for you guys. I want to say that the Insomniac show will be doing specials and I have buddies from here, my roommates when I first got out of college. I know you guys party really hard here. We also have a DVD coming out with unseen footage from seasons three and four, so that should be out in October.

TCH: Is it possible the show will make it to Providence?

Attell: Absolutely, especially that fire water thing.

TCH: Waterfire?

Attell: Yeah, we checked that out during the summer and we missed it. Something like that could be in the mix, but I don't want people to be going like, "So when are you coming." But I'd love to come here. This town definitely holds its own. The littlest state, the biggest livers. That's what I say.

TCH: Any words of wisdom for the students?

Attell: This is all I know. Knowing how to cook is something that women love. Knowing how to cook is like having a Porsche. But this is my advice: these are your party years just don't drink and drive. Oh, and thanks for watching my show.

• Guest Commentary

The Dave Matthews Band

"Celebrate we will - Because life is short but sweet for certain."

BY MELANIE ANTON

A song lyric that almost every college student can attest to following - celebrating life to the fullest and having a good time. The band that popularized this phrase is a mainstay in dorm rooms across the United States. The Dave Matthews Band, which is made up of vocalist/guitarist Dave Matthews, drummer Carter Beauford, saxophonist Leroi Moore, bass player Stefan Lessard, and violinist Boyd Tinsley was formed in Charlottesville, Virginia, in early 1991.

Last year DMB made more money touring than any other band, earning \$54.9 million in sales. They are a summer concert staple in amphitheaters everywhere, selling out major tours almost every year. This summer's tour continues until September 20th and includes 54 dates. It began on June 17th in Columbus, Ohio and ends September 20th in Atlanta, Georgia. Recently, on September 8th and 9th, DMB played nearby in Mansfield, MA at the Tweeter Center for the Performing Arts (which to us "Mansfieldians" will forever be known as Great Woods). The band played for over 2 hours each night and included such great songs as Ants Marching, Two Step, Stay, and Jimi Thing in their non-repetitive sets. Seeing the opening show firsthand, I can honestly say that they did not disappoint and it was one of their best shows.

In addition to their summer tour, two members of the band are launching solo albums. On June 17th, 2003 Boyd Tinsley released "True Reflections," an 11 track CD which he is planning to promote on tour this fall. Also, very anticipated is Dave Matthews first solo album,

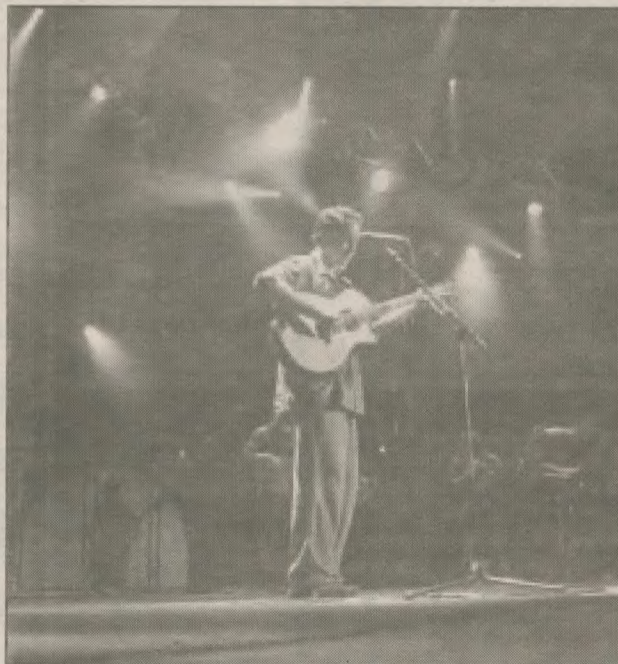


PHOTO COURTESY OF DAVE MATTHEWS.COM

The Dave Matthews band has been named September Artist of Month on Yahoo. Yahoo is premiering the video of "Gravedigger" from Dave Matthews' forthcoming solo debut, *Some Devil*.

"Some Devil," due out September 23rd. Long-time Dave Matthews collaborator Steve Harris co-produced the set with Dave, who insists that he has no plans to leave the band which bears his name.

"I can't wait to get back in the studio with all the guys,"

UPCOMING TOUR DATES

- Wed. 9/17 Alltel Pavilion at Walnut Creek Raleigh, NC
- Fri. 9/19 AmSouth Amphitheatre Antioch, TN
- Sat. 9/20 HiFi Buys Amphitheatre Atlanta, GA
- Wed. 9/24 Central Park New York, NY

ON THE TUBE

- Wed. September 19 at 10pm MTV special, featuring songs from the upcoming album

he exclaimed to Rolling Stone Magazine. "That's my home."

DMB has been in recent news due to the announcement of a free show to be performed in Manhattan's Central Park on September 24th. The concert will benefit Charlottesville's Music Resource Center and New York City's Fund for Public Schools.

Needless to say, Dave and the rest of the band will be very busy throughout the Fall.

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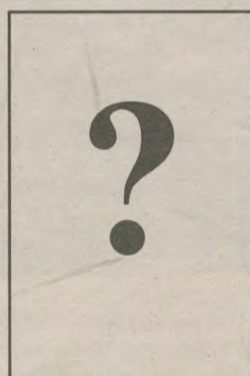
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Winners will be featured in the Homecoming Parade and will received a \$250 scholarship to the Barnes & Noble University Bookstore. Pick up your nomination packet at the Office of Student Activities today!

Contact x1093 or jg901@students.jwu.edu

CAREER CORNER

Career Development & Alumni Relations Enjoy New Digs!

BY KATE HOWARD
Career Development

New digs? Okay, a renovated and expanded location; we're still in University Hall on the 3rd floor! It's just that now, we have more room to better serve you.

Expect the same great services and programs that we have provided you in the past: like, on-campus employer interviews, job fairs and education forums, company open houses, and classroom guest speakers (Professionals in the Classroom Series). Also, take note of a new education convocation that we have included for the 2003-2004 academic calendar: Technology Career Night.

For returning students, this is only an inkling of Career Development's services (simply a reminder) but for new students, your head might be spinning. What does the Career Development Office do, and how does it affect me? Simply stated, "The Career Development office works with you through dif-

ferent stages of your Johnson & Wales experience to prepare you for employment in your chosen career. We help you learn, through our programs and services, how to manage your career development process to find the job that fits you best." (explanation courtesy of the Johnson & Wales University Website, www.jwu.edu)

Moving isn't the only thing that the Career Development Office is celebrating. We are pleased to welcome our newest team member, Sofia Villalobos. Sofia complements the Career Management Team and will be teaching several courses, as well as providing Career Coaching assistance for students.

So what's stopping you from visiting the Career Development Office at University Hall (3rd floor)? The tour is free!

2003-2004 Schedule of Events: Job Fairs & Career Forums

| | |
|--------------------------|-------------|
| Part-Time Job Fair | 9/19/03 |
| Nutrition Career Forum | 10/8/03 |
| Career Conference | 10/9/03 |
| Marriott Career Day | 01/29/03 |
| Equine Career Forum | 2/4/04 |
| Sport/Event Career Night | 2/18/04 |
| Spring Career Expo | 3/23/04 |
| Accounting Career Night | 4/29/04 |
| Technology Career Night | Spring 2004 |
| MBA Career Forums: | 10/9/03 |
| | 1/15/04 |
| | 4/15/04 |

Beyond Requirements: Volunteering and Building your Resumé

If you are interested in building your resume and skills, networking, and getting "real world" experience while in school, consider volunteering.

BY AMY KIRK
Community Service Coordinator

Too often students think of Community Service as an obligation rather than an opportunity. But some realize that by going above and beyond the J&W requirement—that is, seeking additional volunteer positions that may require a long-term commitment and involve the direct use of their personal talents and academic skills—they can find opportunities in the community that may, at the most, lead to future jobs, or at the least, offer them a chance to build their skills in communication, leadership, and networking.

Take for example the student who came to my office seeking experience in "working with children." She wasn't sure exactly what she was looking for, but she had done some mentoring in high school, so she was matched with an after-school program as a weekly volunteer. After working for some time as a tutor, pursuing a Master's in Education became a serious consideration for her. She found that she had a

"hidden talent" for explaining things and an enthusiasm for working with younger people, and was inspired to use her skills in food service and hospitality to teach others. Although she had been working as a math tutor, she now considers becoming an instructor in something culinary or food service related.

Then there's the graduate student who is majoring in retail management; he knows that when he returns to his home country of Taiwan that he would like to start something along the lines of The Providence Children's Museum, as nothing like that exists in his hometown. How did he come up with this entrepreneurial idea? By volunteering for a year in the Museum's gift shop, and learning about the museum's many programs and opportunities. In fact, he ended up arranging for the Children's Museum to be the site of his Co-Op and will be working there this fall in their membership office.

Finally, there's the business student with excellent graphic design skills. Until she volunteered for a local arts organization designing their posters, she never considered a job in marketing or in non-profits. However, after doing some research, she learned that she could make a living doing what she loved—designing and coordinating marketing materials, for the kind of organization she loved. She is now considering applying to both the profit and non-profit sector for marketing positions upon graduating. Further, she has two posters and a brochure for her portfolio that she designed as a volunteer. Not only can she use these mate-

rials to show future employers, but she can utilize the contacts she has made at the non-profit agency for references and recommendation letters.

If you are interested in building your resume and skills, networking, and getting "real world" experience while in school, consider volunteering. By donating your time and talents, you'll be earning innumerable things in return, beyond the goodwill you'll feel from giving back. You'll have the opportunity to develop the leadership and responsibility tools that future employers will appreciate. You might receive an idea for a future career, or meet someone who can become your mentor. You will certainly learn something about yourself that you won't be able to learn sitting behind a desk. Another "perk" is that you will be working for people who are grateful for your donation of time and energy.

To discuss opportunities, contact Amy Kirk at the Community Service Center at 598-1312 or akirk@jwu.edu. Join the volunteer email list to volunteer for one-time only events or get a listing of ongoing needs. You can also search the Volunteer Center of Rhode Island website at www.vcri.org. By looking at just a few descriptions of the many volunteer needs on this website, from accounting to public relations, from tutoring to event planning, you'll quickly see that the non-profit sector is a wonderful arena for embarking on career exploration and hands-on experience.

Alternative Spring Break 2004



This spring, Johnson & Wales students will be offered a unique opportunity for the first time. The Feinstein Community Service Center is organizing an Alternative Spring Break (ASB) to Beans and Rice in Radford, VA. Students will be traveling, with two Feinstein Center staff members, to Beans and Rice for a week of community service, community development, and team building. Participants will work with teenagers in a teen leadership program, assist adults in Beans and Rice's English as a Second Language (ESL) program, and participate in community building exercises.

Any student interested in participating in ASB 2004 must be able to commit to weekly meetings during the winter term prior to the trip and a reflection meeting after the trip. There is a \$200 fee for participants, which includes transportation, lodging, and food. The ASB team will also do fundraisers throughout the fall and winter to finance the trip.

ASB participants will have the opportunity to develop skills that will be valued on a resume. Employers are always impressed with a candidate who is involved in the community in an active leadership role. ASB is also an opportunity to receive your Community Service Learning graduation requirement.

**Contact Rachel at 598-1266
or rshannon@jwu.edu by
September 26 for more
information.**

Culinary

The DREADED Freshmen 15

Tips & Helpful ways to avoid weight gain

BY DITA PAPRANIKU
Culinary Editor

Freshmen year: New school. New room. New friends. New spending habits. New eating habits. New responsibilities. And most importantly, New independence. All of these new beginnings go along with many lifestyle changes.

It's hard to avoid it. Even if you are not a freshmen now, you were one at some point. Freshmen 15 is not only the several pounds gained during your first year, but the lifestyle habits that are attributed to those extra pounds. The freshmen 15 is usually about four to eight pounds. These four to eight pounds may not seem that substantial, however, they may represent the start of inferior eating habits that can easily carry on into adult life. These continued habits have the ability to initiate chronic weight problems. Avoiding these habits may not seem reasonable, but compensating and changing them in the future is a realistic step.

There are definitely factors that characterize freshman year. A new environment is probably the biggest change. This change also contributes to the next factor, more stress. Late-night socializing, which leads to late-night eating and drinking, is also a big factor. The largest contributor, surprisingly, is the meal plans on campus. What makes these meal plans have such an impact is their lack of portion control along with a buffet-style of service. These meal plans are linked to 20% of weight gain. Another 20% of weight gain is linked to junk food alone. That's right, 40% of freshmen weight gain is linked to the foods freshmen eat.

The average weight gain for freshmen is 1.5 pounds per week. This is 20 times more than the average adult weight gain, and that's with America's obesity rates. Low physical activity commonly found in freshmen also plays a part in the big picture.

Well enough about the bad habits of being a freshmen; let's go over the easy habits that work with the new lifestyle. Eating out, especially fast food, and yes, Chinese too, needs to be counteracted by eating a

piece of fruit or snacking on granola bars and/or yogurt. If a night of drinking is in your plans, try and head to the gym during the day at some point. Even if all you have time for is 20 to 30 minutes, that half an hour helps when there's a night of drinking and fast food that lies ahead.

Go ahead and work out before you go out. We all know it will not happen the next day. For the Johnson & Wales student, Thursday would be a good day to stop by the gym for a short time, especially before the long three-day weekend.

The important issue is to remember that these habits have the potential to carry on into adulthood. Then again, there are three (hopefully only three) years to decide which habits you want to keep and which ones are ready to be changed.

Demetrius Pinder, Resource Manager for Student Activities, gave an example of a habit he changed since is freshmen year, "I stopped eating after 8:00 p.m. I've seen changes in my tone and weight. I also started working out in the morning and night and regularly take a multivitamin as well."

Although Pinder is quite dedicated now, there are students who have made some simpler changes.

Kevin Suriel, a senior on the downtown campus, stated, "I don't eat and then go to sleep anymore. But I'll admit, I still drink alcohol."

"I keep busy now and work as well," says Holly Simmons, another senior on the downtown campus. Even though these seniors have made changes throughout their college years, getting out of the bad habits is not an easy step. On the other hand, making small adjustments during the freshmen year can make a difference in the years to come.



CHOW DOWN

PHOTO BY MAT GILBERT

Fast food contributes to many of the pounds packed on by freshmen nationwide. The food court at the Providence Place Mall is a key contributor to the pounds packed on by J & W students.

15 Tips to Avoid Weight Gain

Cut me out and put me on the fridge, NO EXCUSES

1. **Keep fruit constantly in the fridge.**
(Eat a piece while waiting for take-out)
2. **Stock low-fat ice cream in the freezer for a sweet craving.**
(NO, a snickers bar is not ok)
3. **Hit the gym for at least 20 minutes before hitting the shower.**
(Especially if you're going out all night)
4. **Keep a variety of nuts and dried fruit to snack when studying.**
(Give the brain some energy)
5. **Buy low-fat popcorn for a whole-grain snack.**
(The microwave stuff is bad news and bad fat)
6. **Don't be shy . . . Get out there and Dance!**
(Show off that high school Body!)
7. **Take a walk before going out to eat with friends.**
(Like around the mall before Cheesecake Factory)
8. **Drink a glass of water for every alcoholic drink.**
(Just sip on a glass while waiting in line at the bar)
9. **Keep some whole-grain crackers around.**
(Snack on them with cheese, hummus, and peanut/apple butter)
10. **Always have low-fat milk in the fridge.**
(The most nutritious food; A glass a day for calcium and Vitamin D)
11. **When heading to campus dining, watch the fat.**
(Balance a burger with a salad; have fries with grilled chicken)
12. **Keep portions from ½ cup to a cup.**
(Any bigger and your probably overeating)
13. **Baby carrots are an easy and affordable snack.**
(Keep in fridge...Enjoy with your favorite salad dressing)
14. **Make it a goal to have only one soda a day.**
(At least try)
15. **Don't finish your plate.**
(Leave at least a couple bites)

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Tom Skouras at 598-1350 or
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
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IDEAS & OPINION

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R-E-S-P-E-C-T: Find out what it means to you

BY CORRIE MARTIN

Director, Women's Center

At Student Activities Night, an otherwise great celebration of campus community, some students and staff were discouraged to see one fraternity representing itself with the icon of a nude, reclining woman (the favorite symbol of pot-bellied truck drivers everywhere). Sure, they were just having fun, it's no big deal. But, the truth is, if you

think it's cool to reduce a woman's body to sex (yeah, yeah, to "treat women as sex objects" in the old school lingo), then you are acting like a sexist, someone who has no respect for women in general. Or how about the women in your life-your sister, mother, girlfriend, friend, boss, teacher, doctor, police officer, banker, bus driver, etc. Are you someone who gets a kick out of humiliating others? That is a sign of a deep lack of

self-respect. But, it's never too late to find out what respect means to you, and to start living it.

Aretha Franklin recorded the classic hit "Respect," way back in 1967, as popular movements for the rights of women and blacks were surging forward. "Find out what it means to me," she sang, or "you might walk in and find me gone."

At the core of both movements for justice was the

dream of a society in which all people treated each other with mutual respect-that is, with full regard for each other's well-being and dignity as a fellow human being.

College life can test your capacity to live with respect (or disrespect) for others and yourself. Perhaps for the first time in your life, you have the opportunity and the challenge of truly directing your own life, choosing your behavior and living with the conse-

quences. This is the time to ask yourself: what kind of person do I want to be? How does my behavior affect others? What do the choices I make say about me? And, do I have the personal strength to stand up for my right to be treated with respect, and stand up for others too?

Sometimes it seems that women and minorities are still fighting the same battles for respect that our parents and grandparents faced.

Bush's well-spent BILLIONS

BY MAGGIE BOWDEN

Cavalier Daily (U. Virginia)

(U-WIRE) Following the Monica, Gennifer, Paula scandals during the last administration, First Lady Hillary Rodham Clinton was touted as the modern day Tammy Wynette -- she stood by her man. Now, five years later, a new administration is in power and a new president is in need of a little support -- support that not only would benefit the administration but that is crucial to American, Iraqi and global safety.

On Sunday, President George W. Bush stood in front of the cameras and calmly explained to America what many were already suggesting -- the reconstruction of Iraq is going to require a continuing commitment of U.S. troops and money. The president set the bill at an additional \$87 billion to be spent in Iraq over the next few years ("Bush to ask billions more for Iraq," CNN.com, Sep. 8).

Backlash from the left was unsurprisingly swift and negative and more detrimental than just a few polling points.

Sen. Bob Graham, D-Fla., stated after the speech that "the president is clearly making a judgment that it is more important for us to rebuild Iraq and Afghanistan than it is to deal with the very serious problems that we have in the United States." Serious problems that he earlier stated as roads, bridges and highway transit systems.

Come on, Bob. First of all, this is not the president picking another country over

that of his homeland. By taking down the tyrannical regimes in Afghanistan and Iraq, the President is acting on behalf of America and for America's own good. No U.S. citizen is going to complain about potholes and interstate traffic when innocent civilians are falling victim to suicide bombings in our streets and towers are again falling on national television.

Our country must first worry about its national safety before it can begin to sweat the small stuff. As President Bush said, "We are fighting that enemy in Iraq and Afghanistan today, so that we do not meet him again on our own streets, in our own cities."

Possibly even more harmful, Sen. Ted Kennedy, D-Mass., stated that he "had hoped to hear acknowledgment from the President of our failures in Iraq, the war on terrorism and the administration's concrete plans for solving them with our allies and through the United Nations."

Obviously, Sen. Kennedy and the rest of the nation have different definitions for the word "fail." Apparently failing means taking down not one, but two bloody regimes that for decades had terrorized their own people and provided a breeding ground for the most vicious and bloodthirsty terrorist organizations known to modern man. Failing must mean thwarting terrorist threats both home and abroad while capturing over two-thirds of al Qaeda, the global terrorist organization responsible for countless bombings and an untold number of deaths. And

finally, failing must mean going against the United Nations to do what nobody else had the guts to and then have the countries that opposed you the most (France, Germany and Russia) state publicly they are open to negotiations and want to help the cause ("Dems Bash Bush Speech," FoxNews.com, Sep. 8).

Graham and Kennedy's reactions, however, are not all that shocking. For a country that just 24 months ago saw our lawmakers singing arm in arm on the steps of the Capitol, partisan politics has come back with a vengeance.

Iraq and homeland security, however, are one area in Washington where divisive politics cannot play a part. What's done is done -- countries have been invaded, lives lost and governments toppled.

Regardless of one's support for the war in Iraq the question of finishing the efforts is non-negotiable.

If America were to back out now, all the efforts thus far would be for naught, Saddam and his underling thugs would seize control again, terrorists would be offered another safe harbor, and hundreds of Iraqis, Americans and British would have died in vain.

On the flip side, though, if American politicians were to actually band together and support our President, Iraq could be installed with its first democratic government. Just think of the possibilities there -- a former menace to peace and freedom becoming the very embodiment of liberty and democracy.

Silent Film Stars

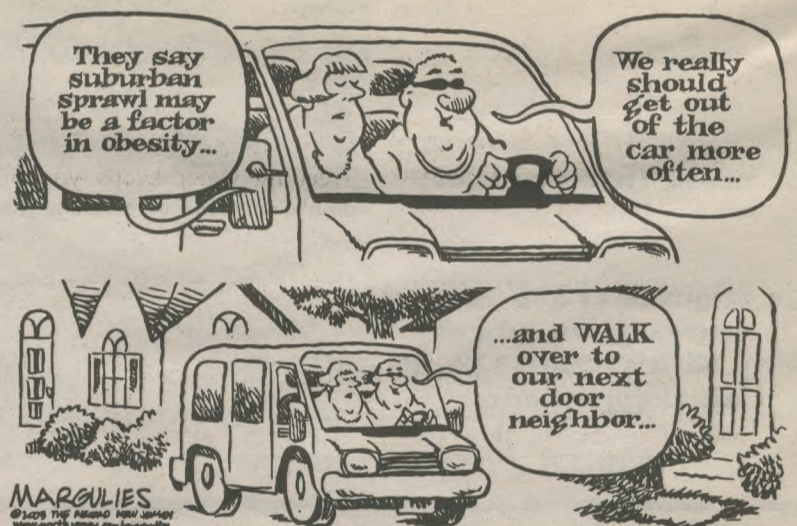
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ARIES (March 21 to April 19) An apparent act of injustice might turn out to be either an error in judgment or just plain stupidity. So calm down and cool off, and let the explanations roll out.

TAURUS (April 20 to May 20) It's upsetting when someone you trusted might have failed you. But with new opportunities ahead, you'll soon be too busy to feel even a wee bit sorry for yourself.

GEMINI (May 21 to June 20) A sense of uncertainty could be a good reason to change your position on an important matter. Someone close might try to talk you out of it, but it's your decision to make.

CANCER (June 21 to July 22) Being too zealous in pursuing your goal could create some resistance. Try to be more mindful of what you ask people to do, and they'll be more likely to do it.

LEO (July 23 to August 22) Things change as you go from being ignored to being Lionized once again. This is a good time to reintroduce those previously rejected ideas to a more receptive audience.

VIRGO (August 23 to September 22) Someone new in your life creates both anticipation as well as anxiety. Avoid the potential for misunderstandings by watching what you say and how you say it.

LIBRA (September 23 to October 22) Watch your budget so that you don't overspend now and have less to invest when the time is right later on. Arrange to share your weekend with someone special.

SCORPIO (October 23 to November 21) The temptation to involve yourself in a friend's or family member's personal problems is laudable. But get the facts before you make a firm commitment.

SAGITTARIUS (November 22 to December 21) You might be upset by some of your critics. But most of your associates continue to keep the faith in your ability to get the job done, and done well.

CAPRICORN (December 22 to January 19) You've reached an important point in your ongoing pursuit of your goals. You might now want to consider letting someone you trust join you on your journey.

AQUARIUS (January 20 to February 18) You've been going through a spate of uncertainty involving people you care for. But it might be time to take a stand on a position you feel sure you can defend.

PISCES (February 19 to March 20) Treading water keeps you busy, but it won't get you where you need to go. Time to stop making excuses and to start moving ahead toward your goals.

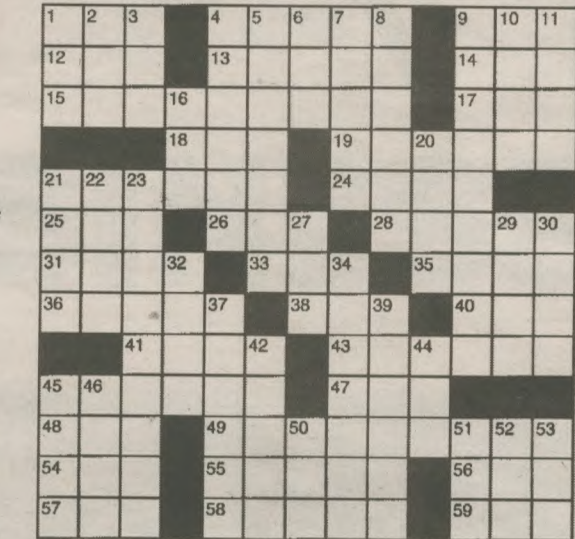
BORN THIS WEEK: You see life as both creative and pragmatic. You would not only be a fine artist, but also a successful one.

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King Crossword

ACROSS

- 1 Lad
- 4 Santiago's country
- 9 Adversary
- 12 Exist
- 13 2003
- Sigourney Weaver movie
- 14 Boom times
- 15 Will
- 17 Afternoon activity for baby
- 18 Put to work
- 19 Fatal
- 21 Roof timber
- 24 Actress Ward
- 25 Inventor Whitney
- 26 Bad hairpiece
- 28 Ballroom favorite
- 31 Spherical hair-do
- 33 Apprehend
- 35 Night light?
- 36 Stallone role
- 38 "Great Expectations" hero
- 40 Away from SSW
- 41 Lends a hand
- 43 Tool used on lemon peel
- 45 Maiden
- 47 Expert
- 48 Sarah Hughes' surface



DOWN

- 1 Bruce Wayne's inspiration
- 2 Raw rocks
- 3 Undoubtedly
- 4 Drink after drink?
- 5 Score at Fenway
- 6 --de-France
- 7 Gives temporarily
- 8 Regard
- 9 Basic principle
- 10 October stone
- 11 Catch sight of
- 16 Youthful king
- 20 Chester - Arthur
- 21 Bring up
- 22 - Romeo
- 23 Sky
- 27 Space
- 29 Radius, for one
- 30 Humdinger
- 32 Kimono closers
- 34 Strange
- 37 Texas city
- 39 Hickory nuts
- 42 Cabbage concoctions
- 44 Clerical sch.
- 45 Use an old phone
- 46 Teen's facial woe
- 50 Lettuce variety
- 51 Freddy Krueger's street
- 52 Born
- 53 Make leather

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Answers
King Crossword

HOCUS-FOCUS

BY HENRY BOLTINOFF



Find at least six differences in details between panels.



Differences: 1. Hat is checked. 2. Decorative plant added. 3. Picture is different. 4. Laundry basket on floor. 5. Vacuum is different. 6. No drops of rain shown.

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Just Like Cats & Dogs

by Dave T. Phipps



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Student Government Association



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